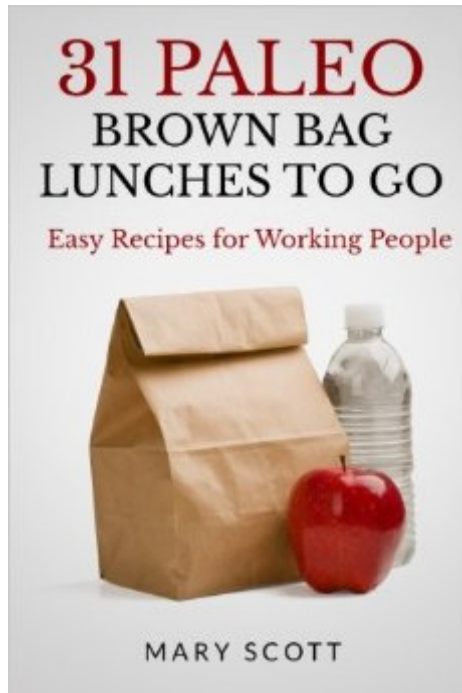


The book was found

31 Paleo Brown Bag Lunches To Go: Easy Recipes For Working People (Volume 2)



Synopsis

Searching for quick and easy Paleo lunch ideas? Search no further. With 31, under 30-minute recipes, this book is perfect for the work force. Featuring 13 salads (both green and mixed), six wraps, three sandwiches, and more, you are sure to find plenty of delicious, healthy, simple meals to make your work-week easier. Each recipe includes: • Serving size, • Exact ingredients and measurements, • Step-by-step directions, and • A touch of nutritional information With such variety included here, you are sure to find favorites and staples to help you keep lean.

Book Information

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Customer Reviews

One of the downsides to Paleo eating is taking the time to cook and prepare. 31 Paleo Brown Bag Lunches to Go is a great collection of healthy paleo recipes that you can take with you so you can stick to your paleo diet when you're working. Nice collection, easy read. Recommended for anyone looking to improve their health and meal planning.

There are some awesome recipes in here, but there are definitely NOT brown bagging it, I am a single mom and work for the UDWR so I am out in the field working so I truly need something on the go and these recipes are not on the go and take a lot of time and effort to prepare for the most part. Which for my life, I need quick and easy but still healthy, only a few of these recipes fit the bill.

I want Mary Scott to come to my house and make me lunch! Her way of "brown bagging it" is infinitely superior to mine She has tasty options like Chicken Picatta, Beef Lettuce Wraps, and

Melon-Mint Shrimp Salad and more. Yumm!

I am totally inspired to pack my own healthy lunch, almost every single recipe in this book looks so good. Some of my favorites are "Chicken Piccata" "Sweet Chicken Salad" "Pomegranate, Fennel, & Arugula Salad". Many of these recipes would serve as great dinner dishes.

I read this author's books out of order, but it was no big deal. This book, like the other, had more than two dozen recipes that were simple to make, and were DEFINITELY more healthy than a PBJ with chips and a snack cake (we won't even fast food!). Good variety you'll be sure to enjoy. Will you just LOVE every single one of them? Probably not. There were one or two I'll have to modify a bit, but certainly not a problem. Definitely worth the small price and your time.

Recipes can be made ahead of time, making mornings easier. I think my husband will like these meals, and I'm looking forward to creating them!

Found this book looking for easy Paleo recipes to Prepare doing the workweek. The easy to prepare, lunch-friendly recipes in this book exceeded my search target. While I've only made two (Sweet Chicken Salad, Tasty Chicken Wraps), both easy and tasty. The recipes share some common ingredients that make preparing multiple lunches and/or prepping meal ingredients for the week workable. No pictures, but given the "brown bag" focus and simplicity of recipes - not a deal breaker. Nice little helper to keep me on track during the workweek, which is typically where I get off the Paleo track.

This is a wonderful book that shares many awesome, quick & easy recipes that are all Paleo friendly! I'm always on the run, crunched for time, and I never make lunches. That's because I thought it took too much time. But then came along this book! Mary helps put things into perspective. She shares tasty recipes I can make with very minimal time such as the "chicken wraps" "buffalo burger" "paleo-style blt" and much, much more! Handy book for busy people indeed!

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